### FELIXSTOWE & WALTON URBAN DISTRICT.

Medical Officer's Annual Report For 1913.

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### Felixstowe & Walton Urban District.

### Medical Officer's Annual Report FOR 1913.

To the Chairman and Members of the Felixstowe and Walton Urban District Council.

GENTLEMEN,

I have the honour to present to you my Annual Report for the year 1913.

### VITAL STATISTICS.

Our Vital Statistics show both a slightly larger birth and death rate than last year, the former being 17.5 as compared with 17 and the latter 8.6 as compared with 7.6. These figures are calculated from the net returns applying to the district and include more than the births and deaths registered in the area itself. Thus, if we merely considered the deaths registered in our own district, which were 71 in all, our death rate would be the lowest on record, that is to say 7.49 as compared with 8.3 last year.

We have, however, to deal with an exceptionally large number of former residents who have left the district and died elsewhere. These cases number 16 in all, while we are able to exclude only 5 of the deaths registered in our own area as belonging to other districts. Thus our net total of deaths is 82 and our rate 8.6, a figure which compares very favourably with the rate for the whole country, which is 13.7.

The birth rate for the whole country is 23.9, so that our birth rate is comparatively very low being only 17.5 as stated above. The actual number of births registered in the district was 164, 83 boys and 81 girls and two, registered in other districts, have been transferred to Felixstowe, bringing our net total to 166. The Infantile mortality for this district is only 60.2 per 1,000 births registered, a figure which compares favourably with the rate of 77.4 for last year, and still more with the rate for the whole country, which is 109.

### INFECTIOUS DISEASE.

Apart from Tuberculosis, 29 cases of infectious disease have been notified, and of these, 22 were Diphtheria. In my last report I alluded to the precautions which were taken to prevent the spread of the slight epidemic which occurred here at the end of 1912. The measures mentioned in that report were continued and the epidemic may be said to have ceased at the end of March, as only three sporadic cases occurred after the first quarter of the year. Since July, no case of Diphtheria has occurred in this district.

Of Scarlet Fever, only one case, and that a visitor's child, who had contracted the disease in London was notified in our area. This is rather remarkable, considering the epidemic which occurred in the neighbouring Woodbridge Rural District.

It will be noticed subsequently that three cases of Scarlet Fever were treated in our Isolation Hospital. Two of these cases were notified in other districts, and one of them returned to Felixstowe before desquamation was complete. This case was removed to the Hospital as soon as his condition was seen by the medical man he called in. The other belonged to the neighbouring district, and was treated in our Hospital as a precautionary measure when it was found that other occupants of the same house were working in Felixstowe.

One case of Cerebro-spinal Fever was notified, but the source of infection could not be ascertained.

The Central Council Schools were closed for a few weeks in the autumn on account of the prevalence of measles.

### ISOLATION HOSPITAL.

The Isolation Hospital was open at the beginning of the year, and was not closed until April 17th. It was unoccupied for only a week, and then re-opened to receive a case of Diphtheria on April 23rd. On May 7th, it was again closed, and re-opened on June 3rd, to receive a case of convalescent Scarlet Fever, who had been discharged from a Military Hospital, while still in the desquamating stage. It was closed on July 8th, and

again re-opened after two days, for a case of Scarlet Fever from the Trimley district. From this time the Hospital was kept open with short intervals till November 26th, closed again until December 22nd, and then re-opened, having been occupied during the whole of the twelve months, except for a total period of about ten weeks.

Twenty-three cases were treated. Of these, 15 were Diphtheria, the average stay in Hospital being 31 days. Three were Scarlet Fever, with an average stay of 41 days. Three cases of Tonsillitis were isolated on suspicion of Diphtheria and discharged after being in the Hospital for a period averaging less than a week.

A case of Mumps was isolated from H.M.S. Blenheim and kept in the Hospital for 17 days.

A case of Measles was received into the Hospital on December 22nd, and remained until the end of the year.

It should be stated in connection with such cases as the last two, that they are only received as paying patients, and when the circumstances are such as to preclude the possibility of any risk to themselves or other patients who may be resident in the Hospital. Thus, in the last case, the Hospital was unoccupied, though the nurse and caretaker were in residence.

It may further be stated that the Hospital is capable of accommodating 12 patients, though this number has never yet been present at one time since it was opened in 1908. The maximum number under treatment at once during the last year was eight, this figure being reached in the week ending March 1st. No difficulty has

ever been experienced in isolating two diseases, even when adults of both sexes have been under treatment at the same time, though as a rule the majority of the cases are children.

I would again represent to the Council, the importance of having the telephone installed at the Isolation Hospital, and also that of the installation of a steam disinfector either at the Hospital or in connection with Sewage Outfall Works.

The expenses in connection with the Hospital were as follows:—

					£	S.	d.
Rent		• •		• •	21	0	0
Nurse's Sal	ary	• •		• •	39	11	8
Uniform A	llow	ance		• •	4	16	0
Extra Nurs	se's	Fees	• •	• •	4	8	6
Maids' Wag	ges	• •	• •		31	4	0
Medical At	tend	lance		• •	25	0	0
Gas	• •	• •	• •	• •	9	3	0
Coal	• •	• •	• •	• •	9	14	6
Conveyance	e of	Patients		• •	7	0	0
Provisions	• •	• •		• •	61	6	2
Drugs		• •			5	18	8
Repairs, Iro	nmo	ongery and	d Sui	ndries	17	9	7

Total .. £244 8 4

These items include every expense in connection with the conveyance, care and treatment of patients,

and the cost works out at the rate of £2 16s. 6d. a week per patient. This figure is of course very low considering that the number of cases treated was small, and the establishment charges were going on all the time. In any case, reckoning the number of beds as 12, the cost per bed is only just over £22 4s. 0d.

The Water supply of the town from a deep well in Lower Trimley is about to be augmented by an additional supply.

An analysis taken in April gave the following results:—

Free Ammonia, Nil.

Albumenoid Ammonia, Nil.

Nitrogen as Nitrates .476 grs. per Gallon.

Nitrites, Nil.

Chlorine in Chlorides, 11.70 grs. per Gallon.

Hardness before boiling, 18.20 degrees.

Hardness after boiling, 4.80 degress.

The great majority of the houses in the district are supplied by the Felixstowe Waterworks Company, but in a few outlying places the supply is from local wells. In two instances, water from such wells has been analysed and found unfit for drinking purposes. The use of this water has been discontinued at the request of the Council, but in one case, that of Park Farm, great difficulty is being experienced in finding a suitable water supply. In the other, the town supply was already laid on.

### SEWAGE DISPOSAL.

The Sewage Disposal by Shone's Hydropneumatic System has been fully dealt with in my previous reports, and has worked most satisfactorily during the past year. An additional patent pneumatic ejector of 250 gallons capacity has been installed at the Bath Hill Ejector Station.

The Council has continued its measures for the destruction of Rats, a professional rat-catcher having been employed in destroying rats where required by the householders in the district. This man is paid at the rate of 5d. per hour in addition to the cost of the food and poison for the rats.

The Council has also paid for dead rats brought in, at the rate of one penny or twopence per rat according to size.

Under the latter system, 8,500 rats were paid for at a total cost of £57 17s. 0d. To this must be added the wages and expenses of the rat-catcher, which amount to £43 9s.  $1\frac{1}{2}d$ ., bringing the total expenses of rat-destruction up to £101 6s.  $1\frac{1}{2}d$ .

Rats found dead in the district have been examined by me and the County Medical Officer, but the signs of Plague have not been detected in rats from this district. Batches were sent to the County Medical Officer on January 4th, 15th, and December 16th.

### COUNCIL SCHOOLS.

The Council Schools have been regularly inspected and are in a most satisfactory sanitary condition. The paving of the playgrounds, the treatment of the floors with dust-laying preparations and the great improvement of the water supply, lavatories, urinals and water-closets has greatly diminished the liability of the children to infection, while the regular inspection of the scholars by the School Medical Officers, tends to prevent the spread of any infection which may chance to occur.

During March, the Central Schools were visited by Dr. Stewart (the County Medical Officer) and myself, with a view to ascertaining the possible presence of Diphtheria carriers among the scholars.

Upwards of 50 cultivations were taken and examined by the County Medical Officer, and two carriers were discovered.

It was accordingly considered advisable to keep the Central School closed for a week after the regular Easter Holiday, and thorough disinfection of the Schools was carried out.

The Langer Road School was kept closed for the same period.

The Infants' Department of the Central Schools was closed from December 8th until the commencement of the Holidays, on account of the prevalence of Measles, and the large number of absences resulting from it.

On each occasion after closure the Schools were thoroughly disinfected.

### SLAUGHTER HOUSES.

The Slaughter Houses have been systematically inspected, and the Council's regulations as to general cleanliness, regular limewashing, etc., carried out. In the case of a slaughter house in High Street, Walton, an insanitary pound has been paved and drained by the Council's orders, and the surroundings greatly improved. I would again advert to the undersirability of allowing the existence of slaughter houses in the midst of a thickly populated area, and the advantages of a well-arranged public abattoir.

### BAKEHOUSES.

The Bakehouses have been similarly inspected, and the conditions are on the whole fairly satisfactory, even in the case of the two underground bakehouses mentioned in my previous reports. Both the latter are now well paved and floored, satisfactorily lighted and ventilated. In one case, that of the Vienna Bakery, at 34, Hamilton Road, it was found necessary to serve a notice to repair a defective drain and provide better means for the removal of surface water in the yard and surroundings, by additional drains and paving.

### HOUSING AND TOWN PLANNING ACT.

Systematic inspection of the houses in the district has been carried out in accordance with the provisions of the Act. In the course of this inspection, 15 drain

tests were performed, and in three cases defects of an ordinary nature were found and made good.

At Flatman's Cottage, Old Felixstowe, new drains were laid to convey the waste water to a cesspool at a considerable distance from the house and drinking well. Two houses, known as 1 and 2, the Wicker, Maidstone Road, Walton, were structurally improved, drains being laid and connected with the public sewer, and the two insanitary privies were abolished.

### DAIRIES AND COWSHEDS.

The Dairies and Cowsheds have also been systematically inspected, and the former are all in a satisfactory condition.

In the case of the cowsheds, great improvements have been carried out in two instances, viz., at Laurel Farm, where the sheds have been newly paved and drained, and the drainage conveyed to a new cesspool in a field at a considerable distance from the buildings, and also at East End Farm. In the latter case, the buildings have been repaired and improved, arrangements made to obviate the necessity of the cows splashing through a filthy undrained yard on their way to milking, and new drains laid and carried to a properly constructed reservoir.

The Milk Analyses have all been satisfactory, though in one instance the report stated that the low percentage of non-fatty solids rendered the sample open to suspicion, notwithstanding its richness in cream. The following summary of sanitary work carried out in the district has been handed to me by the Surveyor:—

New Sewers Constructed	• •	1,304 yards.
New Surface Water Drains		156 ,,
Sewer Connections		36
Surface Water Connections		3
Houses Completed	• •	66
Nuisances Abated		22
Rooms Disinfected	• •	66 in 38 premises
Privies Emptied	• •	21
Cesspools Emptied	• •	156

### CLIMATE.

The Meteorological Records show that Felixstowe well deserves its reputation as a dry and sunny health resort. Thus, there are 1,676 hours of bright sunshine recorded for Felixstowe as compared with 1,609 for Eastbourne, which comes next on the list of the health resorts, whose records are at present available for the year 1913.

The mean maximum temperature for the three hottest months, July, August and September, was 64.8°, and the mean minimum temperature for the same three months being 53.4.

For the first quarter of the year the figures are as follows:—

Mean maximum temperature, 46.3° F. Mean minimum temperature, 37.5° F. The total rainfall for the year was 22.2 inches. As I have remarked in previous reports, the fortunate geographical situation of Felixstowe, in a sheltered bay, facing South on the East coast, together with its porous subsoil of red crag, contributes largely to its dry, healthy climate, and its exceptionally low death rate.

In conclusion, I would congratulate the Council on the uneventful record of the past year, and thank them for their unvarying support of my recommendations.

I am, Gentlemen,

Your obedient servant,

G. J. CONFORD,

Medical Officer of Health.

IABLE I.

## FELIXSTOWE AND WALTON URBAN DISTRICT.

Vital Statistics of the Whole District during 1913 and Previous Years.

			Births.		Total Deaths	eaths	Transferable Deaths.	erable ths.	Nett ]	Nett Deaths belonging to the District.	longing to ict.	the
Vear	Population estimated to		Nett.	ب	in the District.	istrict.	of Non-	of Resi-	Under 1 Y	Under 1 Year of Age	At all Ages.	Ages.
	Middle of each Year.	Un- corrected Number.	Number.	Rate.*	Number.	Rate.*	residents registered in the District.	dents not registered in the District.	Number.	Rate per 1000 Nett	Number.	Rate.*
	2	ಣ	4	70	9	7	∞	6	10	Births.	12	13
1908	8300		160	19.2	& ĭĊ	10.2			18	112.5	87	10.4
1909	8550		144	16.7	81	9.4			13	90.57	83	2.6
1910	8825		145	16.4	92	9.8			10	6.89	92	9.8
1911	9998		150	17.3	92	2.8	11	7	6	0.09	72	ç; ⊗
1912	9109	152	155	17.0	92	& &	10	4	12	77.4	70	9.2
1913	9479	164	166	17.5	71	7.49	10	16	01	60.2	82	8.6
	*	Rates in	Columns	5, 7, and	13	calculated pe	er 1000 c	f estima	per 1000 of estimated population.	lation.		•

Area of District in acres (land and inland water) 4,281. Number of inhabited houses, 1,878. Rateable value, £68,500.

TABLE II.

Cases of Infectious Disease notified during the Year 1913. FELIXSTOWE AND WALTON URBAN DISTRICT.

	Total Cases removed to Hospital.			15		(man)				16
			65 and upwards.							
			45 to 65.		ಣ	-	" " "	_	-	τĠ
	District.	ars.	25 to 45.	63	-	-		6		13
	Whole I	At Ages—Years.	15 to 25.	87	<del></del>			67	67	7
1	Cases Notified in Whole District.	At	5 to 15.	15		-	-	67	χ <b>ο</b>	23
			1 to 5.	ಣ						က
	,		Under 1.							
		At all	Ages.	22	ŭ	П	-	4.	<b>∞</b>	51
	Notifiable Disease.			Diphtheria (including Mem- ) branous croup)	Erysipelas	Scarlet fever	Cerebro-spinal Meningitis	Pulmonary Tuberculosis	Other forms of Tuberculosis	Totals

TABLE III.

FELIXSTOWE AND WALTON URBAN DISTRICT.

# CAUSES OF, AND AGES AT, DEATH DURING YEAR, 1913.

Total Deaths whether of "Residents" or "Non-	Residents" in Institutions in the District.		
ing	65 and upwards.	m∞∞ 0	32
whethe	45 and under 65	∞ m − − m ∞	18
"Residents" whether the District.	25 and under 45.	- 40 H	11
2	15 and under 25 7	_	4
1 1	5 and under 15	67 —	ಣ
at the subjoined occurring in or	2 and under 6.	62 1	က
nt the subj	1 and under 2.	<del></del>	-
Deaths a	Under 1 year.	62 4⊢ €9	10
	All ages.	2217737414 47162	85
	Causes of Death	Measles  Diphtheria and Croup Influenza Phthisis (Pulmonary Tuberculosis) Cancer, malignant disease Organic Heart Disease Bronchitis Preumonia (all forms) Diarrhæa and Enteritis Nephritis and Bright's Disease Congenital Debility and Malformation, including Premature Birth Violent Deaths, excluding Suicide Suicide Other Defined Diseases Diseases ill-defined or unknown	All causes

TABLE IV.

### INFANTILE MORTALITY DURING THE YEAR 1913. FELIXSTOWE AND WALTON URBAN DISTRICT.

Deaths from stated Causes in Weeks and Months under One Year of Age.

Total Deaths under 1 Year.	1	<b>-</b>		-		4	<b></b> -	10
9-12 Months.		•		-				-
6-9 Months.				-				ผ
1-3 Months.	-							1
Total under 1 Month.						4	<del></del> 1	9
2-3 Weeks.							-	-
Under 1 Week.						4		Ð
	:	•	•	•	•	•	•	•
	•	•	·.	•	•	•	:	
Causes of Death.	Meningitis (not Tuberculous)	•	•	•	•	•	:	Totals
Jo sas	Tuber	•	orms)	•	•	٠	•	
Caus	(not	SU	Pnemonia (all forms)	:	birth	Premature birth	ses	
	ingitis	Convulsions	nonia	ets	Injury at birth	natur	Other causes	
	Meni	Conv	Pner	Rickets	Inju	Pren	Othe	